



# FEBRUARY 2018 HEARTY MENU



PROVIDED BY BARRY COUNTY COMMISSION ON AGING 269 948-4856

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Smothered Pork Cutlet with Gravy Sweet Potatoes Broccoli Banana Dinner Roll	2 Tuna Noodle Casserole Sweet Potatoes Corn Orange Fruit & Grain Bar
5 Hamburger Baked Beans Broccoli Apple Bun	6 Turkey Meatloaf Mashed Potatoes & Gravy Mixed Vegetables Fruit Cup Dinner Roll	7 Grilled Chicken Breast Baked Potato Brussels Sprouts Applesauce Dinner Roll	8 Spaghetti with Meatballs Broccoli Diced Carrots Banana	9 Chicken and Noodles Sweet Potatoes Green Beans Applesauce
12 Country Fried Steak Mashed Potatoes & Gravy Italian Blend Vegetables Apple Dinner Roll	13 Smothered Portk Cutlet with Gravy Sweet Potatoes Broccoli Applesauce Dinner Roll	14 	15 Salisbury Steak with Gravy Baked Potato Green Beans Banana Dinner Roll	16 Potato Crunch Pollock Roasted Red Potatoes Mixed Vegetables Orange
19 <b>COA CLOSED</b> No Meal Delivery 	20 Roast Pork with Gravy Baked Potato Italian Blend Vegetables Apple Dinner Roll	21 Goulash Broccoli Corn Fruit Cup	22 Meatloaf Mashed Potatoes & Gravy Carrots Fruit Punch Dinner Roll	23 Tilapia Brown & Wild Rice Baby Lima Beans California Blend Vegetables Orange
26 Ham Sweet Potatoes Corn Orange Dinner Roll	27 BBQ Chicken Thigh Baked Potato Mixed Vegetables Applesauce Dinner Roll	28 Bourbon Chicken Brown Rice Corn Green Beans Banana		<b>Your donation helps us feed more seniors!</b>  <b>948-4856</b>